

NUTRITIONAL INFORMATION

	Cal (kcal)	Fat-T (g)	Fat-S (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
OPENERS									
Artichoke Dip	1300	87	28	120	1500	105	8	6	29
Baked Garlic Bread & Marinara Sauce	1020	73	41	175	2290	79	3	13	17
Baked Garlic Bread	950	68	41	175	1780	69	3	3	17
Global Sampler Platter	2560	163	42	220	4540	205	15	44	75
Mozzarella with Bruschetta Tomatoes	850	65	21	90	2330	38	7	9	32
Niu, Niu Coconut Fried Shrimp	640	27	7	60	2020	82	5	49	22
Quick-Fried Soy-Ginger Calamari	720	53	9	265	2800	33	3	12	41
Quick-Seared Ahi Tuna with Ponzu	390	17	2.5	50	2390	28	1	12	28
Salmon Roll, Tempura	710	27	6	10	1410	100	4	29	18
Salmon Roll, without Tempura	510	12	2	25	1610	81	4	32	18
Sweet Potato Fries	720	35	5	10	2070	95	7	42	6
Three Cheese Macaroni	650	33	16	65	1350	68	3	6	22
Vietnamese Shrimp Spring Rolls	390	10	1.5	80	860	61	4	32	15
Wok-Fired Chicken & Lettuce Wrap	570	37	8	125	2030	26	4	10	37
BISTRO SIDE SALADS (see next page for "dressing" information)									
Citrus Salad	320	17	3.5	15	320	40	5	31	7
Iceberg Wedge Salad, no dressing	150	7	3	140	340	8	3	5	12
Organic Field Greens Salad	310	28	7	25	370	8	2	4	10
Pear, Walnut & Gorgonzola Salad	480	39	12	40	750	21	6	13	14
Pacific Cove Crab & Shrimp Iceberg Wedge Louie	410	26	4.5	175	1380	22	2	16	22
SOUPS									
Baked Onion	330	20	11	55	820	19	2	6	18
Butternut Squash w/ 2 pita chips	300	19	10	45	900	28	3	3	3
Chicken Noodle w/ 2 pita chips	180	8	2	20	1150	19	2	2	9
Clam Chowder w/ 2 pita chips	300	14	6	45	1160	30	1	14	13
Cream of Asparagus w/ 2 pita chips	220	12	3	10	990	27	2	2	2
Macau Shrimp and Rice Noodle	410	15	2.5	95	1710	50	3	15	16
Mushroom Bisque w/ 2 pita chips	250	12	4.5	25	1040	28	1	12	10
Thai Style Chicken & Vegetable w/ 2 pita chips	170	7	2	20	710	18	1	5	10
Tomato Basil Bisque w/ 2 pita chips	410	32	16	80	830	25	2	13	4
Pita Chips (1 Pita Chip)	40	1.5	0	0	80	5	0	0	1
SOUP COMBOS (see below for "sides" information)									
Side Caesar Salad	460	39	9	51	1272	14	3	4	17
Side Garden Salad	50	1	1	1	100	10	2	3	2
Garlic Bread with Combo	320	23	14	59	59	23	1	1	6
Half Turkey & Ham Focaccia, no sides	510	33	12	65	1380	30	2	3	24
Macau Shrimp & Noodle Soup with Fire-Grilled Salmon	680	33	6	165	2470	50	3	15	41
Salmon Roll & Macau Shrimp Soup	900	34	7	100	2660	119	5	32	28
ENTRÉE SALADS (see next page for "dressing" information)									
Asian Chicken Salad	1040	60	9	90	1850	77	6	39	51
Citrus Salad with Grilled Chicken	910	53	11	120	1070	87	10	54	50
Market Cobb Salad, no dressing	620	33	13	275	1170	17	7	8	59
Pacific Crab & Shrimp Louie Salad	770	44	8	315	2390	55	8	38	40
Quick-Seared Ahi Tuna Salad	500	17	2	50	4220	49	6	32	34
Thai-High Sweet and Zesty Chicken Salad	1070	47	8	105	1660	81	4	53	71
Wood-Fired Shrimp Salad	500	30	3.5	225	1570	32	5	22	29
SANDWICHES (see below for "sides" information)									
French Dip, no sides	510	17	4.5	90	1790	45	2	2	42
Grilled Turkey & Ham Focaccia, no sides	1020	64	23	120	2630	60	3	6	47
Mozzarella and Lemon Herb Marinated Chicken, no sides	880	47	11	125	2060	59	4	5	51
Pastrami Sandwich, no sides	1090	67	20	115	2780	68	6	15	51
Philly Cheese Steak, no sides	750	41	15	135	2190	53	4	6	45
The Smokehouse, no sides	1240	67	18	160	2780	90	4	26	66
N.Y. Steak Sandwich, no sides	1330	101	42	230	1430	48	3	7	56
Tempura Mahi-Mahi Sandwich, no sides	780	37	6	50	1770	73	3	6	38
Cheese - Cheddar 2 oz.	230	19	12	60	350	1	0	0	14
Cheese - Jack 2 oz.	210	17	11	50	300	0	0	0	14
Cheese - Swiss 2 oz.	220	16	10	50	110	3	0	1	15
Cheese - Provolone 2 oz.	200	15	10	40	500	1	0	0	15
Cheese - Havarti 2 oz.	220	18	12	50	340	0	0	0	14
Cheese - Gorgonzola 2 oz.	200	16	11	45	790	1	0	0	12
WOOD-FIRED BURGERS (see below for "sides" information)									
Big "E" Classic Cheeseburger, no sides, add cheese above	1050	66	18	160	2080	65	3	19	48
Jalapeño Burger, no sides	1140	73	22	155	1750	63	6	15	53
Patty Melt, no sides	1060	64	26	200	1710	56	3	5	63
Santa Barbara Burger, no sides	1200	82	24	175	1690	59	7	9	56
Ultimate Bacon Cheeseburger, no sides	1270	81	31	235	2660	61	4	14	70
Vegetable Gardenburger, no sides	520	16	4	25	1420	81	8	11	17
LUNCH SPECIALS									
Burrito with Brown Rice	910	39	17	150	2260	82	18	11	61
Burrito with White Rice	930	38	17	150	2250	88	16	10	62
Chicken Medallions in Marsala Wine Sauce	910	60	27	190	2110	41	6	5	48
Macadamia Nut Crusted Fish and Chips	1200	63	18	30	2050	123	11	39	35
Shrimp & Chicken Jambalaya, no rice	950	71	28	290	2780	39	2	14	43
Mediterranean Chopped Salad	730	50	18	90	2500	31	6	8	44
Wok-Fired Sesame Ginger Chicken	1180	46	9	125	5170	132	8	44	56
SIDES FOR MEALS									
Caesar Salad	210	18	3.5	20	540	8	2	2	6
Coleslaw	230	21	3.5	10	200	9	2	6	1
Garden Salad, no dressing	40	1	0	0	85	8	1	3	2
French Fries	340	16	3	0	420	42	3	0	5
Sweet Potato Fries	380	20	3	5	780	45	4	15	3
Three Cheese Macaroni	650	33	16	65	1350	68	3	6	22
ADDITIONAL SIDES									
Couscous	380	10	1	0	640	66	3	14	11
French Fries	600	28	5	0	740	74	5	0	9
Garlic Mashed Potatoes	320	13	8	35	970	47	4	4	6
Ranch Beans	160	3.5	1.5	5	410	23	8	2	9
Rustica Baked Garlic Bread	950	68	41	175	1780	69	3	3	17
Sautéed Spinach	250	23	14	60	510	7	4	1	7
Steamed Brown Rice	190	1.5	0	0	10	40	3	1	5
Steamed White Rice	220	0	0	0	0	48	1	0	5
Sweet Potato Fries w/ spiked ketchup	720	35	5	10	2070	95	7	42	6
Three Cheese Macaroni	650	33	16	65	1350	68	3	6	22
Wok-Fired Luau Vegetables	200	15	2	0	350	12	4	5	6

- Nutrition values are estimations only based upon standard recipes and formulations. - The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily.

NUTRITIONAL INFORMATION

	Cal (kcal)	Fat-T (g)	Fat-S (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
WOK-FIRED SPECIALS (see prior page Sides for "rice" information)									
Bangkok Pad Thai w/ Vegetables	1000	47	7	120	2460	120	12	36	35
Bangkok Pad Thai w/ Vegetables & Chicken	1190	50	8	185	2520	120	12	36	58
Bangkok Pad Thai w/ Vegetables & Shrimp	1070	48	7	235	3040	121	12	36	49
Crispy Honey Orange Shrimp, no rice	930	43	7	160	2540	111	3	74	27
Crispy Teriyaki Chicken, no rice	1110	53	9	120	3770	74	4	58	80
Garlic Noodles with Shrimp	820	31	5	365	4590	85	4	13	48
Shanghai Cashew Chicken, no rice	1400	89	14	125	4400	83	3	57	59
Sweet and Sour Chicken, no rice	1110	60	12	115	1760	89	4	51	64
Szechwan Shrimp & Chicken in Spiced Garlic Sauce, no rice	540	20	3.5	270	4020	33	4	13	57
Vegetable Stir Fry with Tofu, no rice	1010	57	9	0	1320	95	8	50	30
Vegetable Stir Fry with Tofu & Chicken, no rice	1200	61	10	85	1820	98	8	50	62
Vegetable Stir Fry with Tofu & Shrimp, no rice	1080	58	9	130	1900	96	8	50	44
Wok-Fired Mongolian Beef, no rice	1330	92	23	85	3030	64	5	49	60
FINS (see prior page Sides for "rice" information)									
Blackened Ahi Tuna with Tropical Fruit Salsa, no rice	640	38	9	75	1951	24	4	13	46
Daily Fish with selected preparation (low), no rice	640	39	8	75	1940	24	4	13	45
Daily Fish with selected preparation (high), no rice	790	61	17	160	1550	11	4	4	47
Grilled Rainbow Trout w/ Lobster Sauce, no rice	630	40	8	135	2880	15	3	4	52
Macadamia Nut Crusted Mahi Mahi, no rice	1160	81	24	230	1940	54	7	21	54
Macau Shrimp & Noodle Soup with Fire-Grilled Salmon	680	33	6	165	2470	50	3	15	41
MisoYaki Salmon, no rice	840	47	9	115	2200	52	5	36	50
GLOBAL (see prior page Sides for "rice" information)									
Braised Lamb Shanks	1220	72	25	285	5460	58	7	8	79
Braised Lamb Shank - One Shank	810	47	17	155	3600	50	6	6	43
Chicken Marsala	1340	67	28	235	2780	89	8	7	84
Chicken Tenders & Three Cheese Macaroni	1520	95	27	150	3140	110	7	27	58
Grilled Teriyaki Chicken Rice Bowl, brown rice	830	25	5	110	1570	99	7	35	51
Grilled Teriyaki Chicken Rice Bowl, white rice	880	24	5	110	1570	111	4	34	51
Japanese Ahi Rice Bowl, brown rice	650	10	1.5	50	2870	96	6	29	40
Japanese Ahi Rice Bowl, white rice	700	9	1.5	50	2860	107	2	28	40
Kona BBQ Combo Platter, no rice	1480	91	27	460	3740	47	7	26	111
Kona BBQ Pork Ribs - Full Rack	2060	157	49	455	4280	98	8	44	118
Kona BBQ Pork Ribs - Half Rack	1480	97	28	235	2460	84	7	34	62
N.Y. Steak	1620	116	48	285	2320	67	8	10	77
N.Y. Steak & Niu, Niu Coconut Shrimp Combo	1740	112	48	320	3380	99	9	35	87
Rock Sugar Braised Beef w/ Noodles	1270	66	23	210	2940	89	5	10	73
Shrimp Adventure Platter	1830	104	19	250	5110	162	13	44	64
Shrimp & Chicken Jambalaya Dinner, no rice	1250	92	36	490	4250	45	2	19	68
Shrimp Scampi in Lobster Sauce	1330	67	38	430	4640	121	8	7	61
ON THE LIGHTER SIDE									
Fire-Grilled Lemon Garlic Chicken Breast	570	19	3.5	95	1200	55	7	7	45
Fire-Grilled Rainbow Trout	690	29	4.5	130	1740	51	7	4	56
French Dip, no sides	510	17	4.5	90	1790	45	2	2	42
Half Turkey & Ham Focaccia w/ Garden Side Salad	560	34	12	65	1465	38	3	6	26
Macau Shrimp and Rice Noodle Soup	410	15	2.5	95	1710	50	3	15	16
Macau Shrimp Soup & Fire-Grilled Salmon	680	33	6	165	2470	50	3	15	41
Moroccan Chicken Breast	660	23	8	120	1070	60	7	34	44
Pacific Crab & Shrimp Louie Salad	770	44	8	315	2390	55	8	38	40
Quick-Seared Ahi Tuna Salad	500	45	6	50	4300	52	6	32	37
Vegetable Gardenburger, no sides	520	16	4	25	1420	81	8	11	17
GLUTEN-FREE SELECTIONS									
Fire-Grilled Lemon Garlic Chicken Breast	570	19	3.5	95	1200	55	7	7	45
Fire-Grilled Rainbow Trout	690	29	4.5	130	1740	51	7	4	56
DESSERTS									
Apple-Blueberry Walnut Cobbler/Ice Cream	950	40	18	60	790	143	7	106	11
Citrus Cheesecake Brûlée	910	61	36	430	270	74	1	61	8
New York Cheesecake w/ Strawberry	1180	81	48	400	660	92	3	77	17
Creamy Crème Brûlée	1140	89	56	850	290	57	0	56	11
Ice Cream Mud Pie	2030	138	91	455	720	155	4	127	20
Red Velvet Chocolate Cupcake Sundae	950	44	29	185	770	122	2	94	12
Mini Wonton Sundae	880	46	31	125	360	97	2	84	9
Mini Walnut Fudge Brownie	1170	76	44	220	360	99	4	82	10
Mini Indulgence Sampler Platter	2690	150	93	485	1380	292	8	239	25
Ultimate Chocolate Indulgence	1370	110	66	420	480	90	5	78	14
DRESSINGS - SIDE SALADS/ENTRÉE SALADS									
Side/Entrée - 1000 Island	130/390	12/36	2/6	10/30	260/780	5/15	0/0	5/15	0/0
Side/Entrée - Balsamic Mustard	160/320	17/34	2.5/4.5	0/0	110/220	2/5	0/0	1/2	0/0
Side/Entrée - Bleu Cheese	140/430	15/45	3.5/11	10/30	180/550	1/2	0/0	0/1	1/4
Side/Entrée - Caesar	150/450	15/45	2.5/8	15/45	390/1170	2/6	0/0	1/3	2/6
Side/Entrée - Ranch	110/330	12/35	2/6	5/15	210/630	2/5	0/0	1/2	1/2
Side/Entrée - Red Ginger Vinaigrette	50/100	3/6	0/0	0/0	620/1250	5/9	0/0	5/9	1/2
Side/Entrée - Sesame Teriyaki	100/200	9/18	1/2.5	0/0	400/790	6/11	0/0	5/9	1/2
Side/Entrée - Tropical Honey Citrus	70/140	3/6	0/0	0/0	160/320	11/23	0/0	10/20	0/0
Side/Entrée - Walnut Cider Vinaigrette	110/220	11/22	1/2	0/0	150/300	2/4	0/0	2/4	0/0
Side/Entrée - Ranch (Fat Free)	30/90	0/0	0/0	0/0	390/1170	8/24	1/3	3/9	0/0
Side/Entrée - Honey Dijon (Fat Free)	45/140	0/0	0/0	0/0	280/840	9/27	1/3	5/15	1/3
Side/Entrée - Lemon Herb (Fat Free)	10/20	0/0	0/0	0/0	490/980	3/6	0/0	2/4	0/0
NON-ALCOHOLIC BEVERAGES									
Adventure Mango Raspberry Swirl	370	0	0	0	65	89	0	82	0
Adventure Pineapple Freeze	450	11	7	25	95	83	0	79	3
Adventure Strawberry Banana Breeze	330	1	0	0	25	79	2	70	1
Kona Kooler	210	0	0	0	250	51	0	49	1
Kona Kooler with Sugar Free Red Bull®	110	0	0	0	250	26	0	24	1
Green Tea Ginger Spritzer	140	0	0	0	55	35	0	35	0
Coca Cola or Sprite 8 fl oz	100	0	0	0	5-20	27-26	0	27-26	0
Diet Coke or Coke Zero 8 fl oz	0	0	0	0	0	0	0	0	0
Barq's Root Beer 8 fl oz	110	0	0	0	25	30	0	30	0
Nestea Raspberry Iced Tea 8 fl oz	80	0	0	0	10	21	0	21	0
Lemonade 8 fl oz	100	0	0	0	35	28	0	27	0
Strawberry or Raspberry Lemonade 8 fl oz	140	0	0**	--	35-30	38	--	36	0
Half and Half 8 fl oz	90	0	0	0	20	25	0	24	0
Voss - Still Water 12.6 fl oz	0	0	0**	--	0	0	--	--	0
Voss - Sparkling Water 12.6 fl oz	0	0	0**	--	35	0	--	--	0

*Data not available from manufacturer. **Saturated fat values not on label as this product likely does not contain saturated fat. Total fat values are zero; therefore saturated fat is likely to be zero as well.

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	Cal (kcal)	Fat-T (g)	Fat-S (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
WOK-FIRED SPECIALS (see prior page Sides for "rice" information)									
Bangkok Pad Thai w/ Vegetables	1000	47	7	120	2460	120	12	36	35
Bangkok Pad Thai w/ Vegetables & Chicken	1190	50	8	185	2520	120	12	36	58
Bangkok Pad Thai w/ Vegetables & Shrimp	1070	48	7	235	3040	121	12	36	49
Crispy Honey Orange Shrimp, no rice	930	43	7	160	2540	111	3	74	27
Crispy Teriyaki Chicken, no rice	1110	53	9	120	3770	74	4	58	80
Garlic Noodles with Shrimp	820	31	5	365	4590	85	4	13	48
Shanghai Cashew Chicken, no rice	1400	89	14	125	4400	83	3	57	59
Sweet and Sour Chicken, no rice	1110	60	12	115	1760	89	4	51	64
Szechwan Shrimp & Chicken in Spiced Garlic Sauce, no rice	540	20	3.5	270	4020	33	4	13	57
Vegetable Stir Fry with Tofu, no rice	1010	57	9	0	1320	95	8	50	30
Vegetable Stir Fry with Tofu & Chicken, no rice	1200	61	10	85	1820	98	8	50	62
Vegetable Stir Fry with Tofu & Shrimp, no rice	1080	58	9	130	1900	96	8	50	44
Wok-Fired Mongolian Beef, no rice	1330	92	23	85	3030	64	5	49	60
FINS (see prior page Sides for "rice" information)									
Blackened Ahi Tuna with Tropical Fruit Salsa, no rice	640	38	9	75	1951	24	4	13	46
Daily Fish with selected preparation (low), no rice	640	39	8	75	1940	24	4	13	45
Daily Fish with selected preparation (high), no rice	790	61	17	160	1550	11	4	4	47
Grilled Rainbow Trout w/ Lobster Sauce, no rice	630	40	8	135	2880	15	3	4	52
Macadamia Nut Crusted Mahi Mahi, no rice	1160	81	24	230	1940	54	7	21	54
Macau Shrimp & Noodle Soup with Fire-Grilled Salmon	680	33	6	165	2470	50	3	15	41
MisoYaki Salmon, no rice	840	47	9	115	2200	52	5	36	50
GLOBAL (see prior page Sides for "rice" information)									
Braised Lamb Shanks	1220	72	25	285	5460	58	7	8	79
Braised Lamb Shank - One Shank	810	47	17	155	3600	50	6	6	43
Chicken Marsala	1340	67	28	235	2780	89	8	7	84
Chicken Tenders & Three Cheese Macaroni	1520	95	27	150	3140	110	7	27	58
Grilled Teriyaki Chicken Rice Bowl, brown rice	830	25	5	110	1570	99	7	35	51
Grilled Teriyaki Chicken Rice Bowl, white rice	880	24	5	110	1570	111	4	34	51
Japanese Ahi Rice Bowl, brown rice	650	10	1.5	50	2870	96	6	29	40
Japanese Ahi Rice Bowl, white rice	700	9	1.5	50	2860	107	2	28	40
Kona BBQ Combo Platter, no rice	1480	91	27	460	3740	47	7	26	111
Kona BBQ Pork Ribs - Full Rack	2060	157	49	455	4280	98	8	44	118
Kona BBQ Pork Ribs - Half Rack	1480	97	28	235	2460	84	7	34	62
N.Y. Steak	1620	116	48	285	2320	67	8	10	77
N.Y. Steak & Niu, Niu Coconut Shrimp Combo	1740	112	48	320	3380	99	9	35	87
Rock Sugar Braised Beef w/ Noodles	1270	66	23	210	2940	89	5	10	73
Shrimp Adventure Platter	1830	104	19	250	5110	162	13	44	64
Shrimp & Chicken Jambalaya Dinner, no rice	1250	92	36	490	4250	45	2	19	68
Shrimp Scampi in Lobster Sauce	1330	67	38	430	4640	121	8	7	61
ON THE LIGHTER SIDE									
Fire-Grilled Lemon Garlic Chicken Breast	570	19	3.5	95	1200	55	7	7	45
Fire-Grilled Rainbow Trout	690	29	4.5	130	1740	51	7	4	56
French Dip, no sides	510	17	4.5	90	1790	45	2	2	42
Half Turkey & Ham Focaccia w/ Garden Side Salad	560	34	12	65	1465	38	3	6	26
Macau Shrimp and Rice Noodle Soup	410	15	2.5	95	1710	50	3	15	16
Macau Shrimp Soup & Fire-Grilled Salmon	680	33	6	165	2470	50	3	15	41
Moroccan Chicken Breast	660	23	8	120	1070	60	7	34	44
Pacific Crab & Shrimp Louie Salad	770	44	8	315	2390	55	8	38	40
Quick-Seared Ahi Tuna Salad	500	45	6	50	4300	52	6	32	37
Vegetable Gardenburger, no sides	520	16	4	25	1420	81	8	11	17
GLUTEN-FREE SELECTIONS									
Fire-Grilled Lemon Garlic Chicken Breast	570	19	3.5	95	1200	55	7	7	45
Fire-Grilled Rainbow Trout	690	29	4.5	130	1740	51	7	4	56
DESSERTS (with aerosol whipped topping)									
Apple-Blueberry Walnut Cobbler/Ice Cream	950	40	18	60	790	143	7	106	11
Citrus Cheesecake Brûlée	910	61	36	430	270	74	1	61	8
New York Cheesecake w/ Strawberry	1020	67	39	335	690	89	3	73	17
Creamy Crème Brûlée	1020	78	48	800	310	55	0	53	11
Ice Cream Mud Pie	1320	73	47	170	840	141	4	109	20
Red Velvet Chocolate Cupcake Sundae	950	44	29	185	770	122	2	94	12
Mini Wonton Sundae	720	31	21	60	380	94	2	80	9
Mini Walnut Fudge Brownie	810	44	22	80	410	92	4	73	10
Mini Indulgence Sampler Platter	2160	103	61	280	1460	282	8	225	25
Ultimate Chocolate Indulgence	1130	88	51	320	510	85	5	72	14
DRESSINGS - SIDE SALADS/ENTRÉE SALADS									
Side/Entrée - 1000 Island	130/390	12/36	2/6	10/30	260/780	5/15	0/0	5/15	0/0
Side/Entrée - Balsamic Mustard	160/320	17/34	2.5/4.5	0/0	110/220	2/5	0/0	1/2	0/0
Side/Entrée - Bleu Cheese	140/430	15/45	3.5/11	10/30	180/550	1/2	0/0	0/1	1/4
Side/Entrée - Caesar	150/450	15/45	2.5/8	15/45	390/1170	2/6	0/0	1/3	2/6
Side/Entrée - Ranch	110/330	12/35	2/6	5/15	210/630	2/5	0/0	1/2	1/2
Side/Entrée - Red Ginger Vinaigrette	50/100	3/6	0/0	0/0	620/1250	5/9	0/0	5/9	1/2
Side/Entrée - Sesame Teriyaki	100/200	9/18	1/2.5	0/0	400/790	6/11	0/0	5/9	1/2
Side/Entrée - Tropical Honey Citrus	70/140	3/6	0/0	0/0	160/320	11/23	0/0	10/20	0/0
Side/Entrée - Walnut Cider Vinaigrette	110/220	11/22	1/2	0/0	150/300	2/4	0/0	2/4	0/0
Side/Entrée - Ranch (Fat Free)	30/90	0/0	0/0	0/0	390/1170	8/24	1/3	3/9	0/0
Side/Entrée - Honey Dijon (Fat Free)	45/140	0/0	0/0	0/0	280/840	9/27	1/3	5/15	1/3
Side/Entrée - Lemon Herb (Fat Free)	10/20	0/0	0/0	0/0	490/980	3/6	0/0	2/4	0/0
NON-ALCOHOLIC BEVERAGES									
Adventure Mango Raspberry Swirl	370	0	0	0	65	89	0	82	0
Adventure Pineapple Freeze	450	11	7	25	95	83	0	79	3
Adventure Strawberry Banana Breeze	330	1	0	0	25	79	2	70	1
Kona Kooler	210	0	0	0	250	51	0	49	1
Kona Kooler with Sugar Free Red Bull®	110	0	0	0	250	26	0	24	1
Green Tea Ginger Spritzer	140	0	0	0	55	35	0	35	0
Coca Cola or Sprite 8 fl oz	100	0	0	0	5-20	27-26	0	27-26	0
Diet Coke or Coke Zero 8 fl oz	0	0	0	0	0	0	0	0	0
Barq's Root Beer 8 fl oz	110	0	0	0	25	30	0	30	0
Nestea Raspberry Iced Tea 8 fl oz	80	0	0	0	10	21	0	21	0
Lemonade 8 fl oz	100	0	0	0	35	28	0	27	0
Strawberry or Raspberry Lemonade 8 fl oz	140	0	0**	--	35-30	38	--	36	0
Half and Half 8 fl oz	90	0	0	0	20	25	0	24	0
Voss - Still Water 12.6 fl oz	0	0	0**	--	0	0	--	--	0
Voss - Sparkling Water 12.6 fl oz	0	0	0**	--	35	0	--	--	0

*Data not available from manufacturer. **Saturated fat values not on label as this product likely does not contain saturated fat. Total fat values are zero; therefore saturated fat is likely to be zero as well.